

Josh Geiger: We want to showcase your talents - please email VHA COVID in 20
<VHACOVIdin20@va.gov> if you have music performances you would like us to share on COVID in 20.
We would LOVE to showcase the awesome VA talent we have!!!

Questions

Guest 17: Were you wearing an N95?

Dr. Wangs response: I was wearing a N95 + surgical mask + hood over it. But did have to take them off and reapply the same N95 for lunch and re-applied the same N95 for the day...

Bob H: Did you stay home with the fever?

Dr. Wangs response: I stayed home with the fever for 6 days... The high fever would come and go and at times I thought I was better during that 1st week of high fever... That 6 days with recurrent but not constant high fever gave me pulmonary fibrosis... The virus is quite aggressive.

Amanda: Do you see value in setting up a post-COVID clinic for those patients dealing with the symptoms that are lasting months at this point, similar to a post-ICU clinic?

Dr. Wangs response: Absolutely! I had to be hospitalized again because of chest pain and they were worried about MI or PE... And the hair loss came weeks later. The worse experience for the patient is panicking due to not expecting ongoing changes in symptoms...

Terry B: If you hadn't had an oximeter, would you have gone to hospital?

Dr Wangs response: Probably not... I would have died.

karine.rozenberg@va.gov: Did you try anything to make it easier to breathe?

Dr. Wangs response: Yes, but during the acute phase, any attempts of deep breathing would trigger a bad coughing spell... Then later, I simply could not take deep breaths (and still cannot now) due to a hard, physical stop. Inhalation to the fullest would be impossible. It was explained to me that due to gravity, the viral particles and our own immune settle with gravity to the inferior border of the superior lobe, which slopes from about T4 posteriorly to T10 anteriorly... The inelastic fibrosis acts like a spider web anchor, and physically prevents the expansion of the lungs...

There is a new drug they are testing to see if it can break up pulmonary fibrosis on FDA trial, and my pulmonologist will refer me and see if I qualify for the study.

Otherwise, the only thing I can do is pulmonary rehab and try to compensate by increasing my lung capacity in areas where there is no damage. But the "cement lungs" sensation is forever. There is no treatment and it will not change or get better.

karine.rozenberg@va.gov: Do we know if inhalers help?

Dr. Wangs response: Nothing helps with pulmonary fibrosis. There are steroids and anticholinergic inhalers (which I was on both), but there are no treatments which will break up the fibrosis. The breathing issues due to inflammation will certainly be helped with these inhalers, but the physical, hard stop, the "cement lungs" sensation will not change or improve with anything offered today. There is an experimental medication for that and I am applying to be a trial subject.

Brian Fantana: did you use Vicks? did that work?

Dr. Wangs response: No. Vicks is just menthol. Covid causes tiny blood clots in your air sacs, and excessive hyarluronic acid production (it is gelatinous) in your lungs... And then you have fibrosis (tough scar). So all these are physical, solid obstructions. Vicks will do nothing.

Latrice Powell: Are your symptoms common to other COVID symptoms, or very different or strange symptoms?

Dr. Wangs response: They are quite common, and I did not have any loss of smell or taste. My friend who lives with me had that and projectile vomiting for 2 to 3 days. The hair loss came as we were getting better. That was unexpected but concerning...

karine.rozenberg@va.gov: Are you still short of breath?

Dr. Wangs response: Not at rest. When I overexert myself, the "cement lungs" sensation comes right back.

Theresa Bouthot 2: Any long-term complication?

Dr. Wangs response: Pulmonary fibrosis. Hopefully the hair loss returns...

Pat Woosley, Wilmington DE VAMC: any residual effects?

Dr. Wangs response: The inability to take a full, deep breathe, aka the "cement lungs" sensation due to pulmonary fibrosis, and severe hair loss. The pulmonary fibrosis is permanent and will never improve.

Hal Messec: have you recovered fully, or are there any symptoms that have hung on and still bother you?

Dr. Wangs response: The pulmonary fibrosis is permanent and will never change or get better. So, I will never be able to take a full, deep breathe... AKA the "cement lungs" sensation. Hopefully, the hair loss will recovery...

Cindy: Are you having any neurological effects? I had Covid in June and still struggle with brain fog, memory, completing multi sequence tasks, etc.

Dr. Wangs response: I had that until early this month, which was 3 months after initial infection.

Karen Bliss: Remind me again when you were hospitalized?

Dr. Wangs response: Beth Israel/Mt. Sinai in Manhattan, New York City.

MollieW: How long did this last?

Dr. Wangs response: I have been sick since early July... I am still recovering...

Hal Messec: This is quite enlightening. Is there any organization or publication that is verifying these "klignon" symptoms and looking at their incidence? It would be good to see this list in a publication.

Dr. Wangs response: I would not know... I only know what my Covid team physicians told me and my personal experience.

Amanda: pulmonary rehab?

Dr. Wangs response: Yes, but I am doing that on my own. I did a rotation at Columbia Presbyterian Cardiopulmonary Rehab so I know what to do...

joan oco-santos: I am glad you are on your road to recovery. how do you think you contacted the virus.? do you think lack of PPE or not using N95 mask for healthcare workers is the culprit?

Dr. Wangs response: I used N95 + surgical mask + face hood + PPE... Viral infection is all about the amount so many variables are involved... N95 has pores at 0.3 microns, while Covid is 0.1 microns, 3x smaller than what N95 pores. So N95 just reduces the amount that the viral particles can find the right receptors to attach to... So, the activities, duration of exposure, proximity, and most importantly, the viral load of the patient all contribute to infectious probability... I had to use the same N95 for each day, so I had to take them off during lunch, then re-apply the same mask for that day. Ideally, these PPEs are single use, disposable items and must be replaced even when they get wet from breath condensation. So even using the same masks and taking them off then re-applying them is risky business... If you have to use the same PPE over and over, you are really risking it...

I was treating a very symptomatic patient, who had his head on my shoulder, coughing, for extended period about one week before I had the high fevers... 3 days after that treatment, I had a lot of fatigue and a tickle in my throat, but all that went away in 2 days... Then I was good for a 2 more days then wham...

Comments

David Hines: Thank you for joining early! Please use this time to fill out our Audience Poll above. Let us know when you want to see C20!

Roxann Rowe: Aloha from Hilo!

David Hines: survey box above. will be open the whole show

Terry B: Love it

Jeson Hall, VA San Diego HCS (VASDHS): Thank you for sharing the wonderful welcome to the #TEEatHOME event being held this week.

Shannon McCale: Hi from Fayetteville, NC

Daisy Codeniera PT, Bronx VA, NY: Hi Chun and Chad, Good to see you!

Joan Vanicek: I think that was a Beatles song!

Lisa 2: Hello from Los Angeles

David Hines: click that blue link. also available in the pod above for the whole show

Christina Andrews: Hi from San Diego!!

Shawnda Leavell: Hi everyone!

TRACEYE: love your energy! from Sepulveda VA

Jeri Sullivan: Hello from smokey Montana!

Mary Ann Tecson: Good afternoon everyone from VA GLA, Mary Ann Tecson

Pat Woosley, Wilmington DE VAMC: Can we have one on the labs - what are all the tests out there? Why does the VA use the ones they use? What is a positive? etc.

Cristina Ward: Please send Sally over to Northern California...we need the rain!

Bonifacia Oamar: Bonnie from WLA-GLA

David Hines: Link to TEE tournament video above in the link pod above

Julie Himstreet: Send rain to Oregon too!

jeannine.decur: I wish we could, would gladly send it your way.

Rachel Sherman: Hi from the Bronx Chun!

David Johnson (Omaha 636): Great job VISN 16!

shelly.gist@va.gov:rain in all the west coast fires & smoke!

Daphne del Valle MD, ALX: that was a team effort!!

Peter Duane, VISN 23, Minneapolis: Hang in there VISN 16.
Francesca Gambula: Send Sally to all of the West Coast
John Ammon: Geuax VA!!!
peggy king: Great job VISN 16
Amy Smith: Thank you, it is a pleasure to serve our Veterans with this great team!
Chai Chad: 16 rocks!!!!
Gloria Castellano: wow
Sunshine Carter: Go VSIN 16!!!!
Amy Smith: Special thanks to our facilities that received the evacuated patients throughout the night- Little Rock, Jackson, Shreveport. Great job!!
Guest 20: Actual pants, LOL
Joan Vanicek: So glad you are better now!
Latrice Powell: Thanks for sharing your COVID experience
Brian Fantana: great story, powerful stuff
Katie Scaff: As a fellow VA PT, thank you for trading in your traditional outpatient role to help serve our Veterans
TRACEYE: I know how you felt Chun I had the same experience with loss sense of taste and smell
John Ammon: great question/idea Amanda!
TRACEYE: it's very scary
Rachel Sherman: One of our Bronx docs wrote an article about her experience with loss of taste/smell: <http://www.nydailynews.com/opinion/ny-oped-failing-the-smell-test-20200421-6zmhpmqwijeldetf5abnphrnhu-story.html>
Joan Vanicek: It can really help us have compassion for those with chronic problems (how exhausting it can be) ...
nancy davis: My sister had diarrhea and vomiting and went to ED and was dismissed without a COVID test. Now she is in ED with COVID
TRACEYE: it's scary when you can't see your family. and you see nurses that look like aliens
David Johnson (Omaha 636): We developed a "Stoplight Sheet" for COVID 19 discharges. Green zone symptoms (goal), yellow zone symptoms (call your PACT provider today!), and Red zone symptoms (Call 911)
Kristi Elliott: Can you post the Stoplight Sheet, David? Sounds very helpful!
Karen Bliss: @ David Johnson- could you share?
Mary 2: David Johnson - Can you share that? Mary.Heft@va.gov (KV)
Anne Sanford: Dis anyone order O2 from home health post d/c?
Pat Woosley, Wilmington DE VAMC: such excellent points from someone who is medical and been there
Heather Simon MD: Please send it to the group. Thanks, Mr Johnson
David Johnson (Omaha 636): I'll forward to Chad
Audrey Little: Excellent. Thanks
Amber Tea: Thank you for sharing your story
Ann Hier: Chad.Kessler@va.gov or VHACovidin20@va.gov
Theresa Bouthot 2: A memoir would be incredible
guest 10: Thank you for sharing
Steve T — Reno: You're a champion, Chun. Glad you're on the upswing of this!
Jim: Yes Chun, write it down - awesome article or book!
Lisa Paoni: when you can't breathe, it's normal to panic, it affects everything, including ability to think and problem solve. Thank goodness you recovered. Thank you for your work and for sharing!
judy ulibarri: so grateful you recovered....

Susy: Finally got in from the Gulf Coast of Florida to hear the end of the story...wow. Yes, write the story.

Bob H: That terrible

Michelle Spivak: Is he a Veteran? Was he treated at the Bronx VA?

Anne Sanford: If folks want to be support, they need to send cards vs call

Chai Chad: yes to MS

Michelle Spivak: Thanks.

Pat Dumas: Thanks for sharing your incredible journey, Chun.

Chris: I know the feeling from when I was ill in March. I still have issues breathing and it is September

Mary Jordan, Truman VA: How long ago was this?

Monalisa Rodriguez: Oh no Mr. Wang!! Continued prayers for your healing journey! Thank you for sharing...

David Johnson (Omaha 636): Thank you for sharing your story and experiences. Hope your recovery continues!

Kym Grey: I appreciate you sharing your experience!

MollieW: thank u for sharing

Wendy James: Thank you so much for telling your story

Latrice Powell: Welcome back!!

Theresa Bouthot 2: Thank you for sharing,

Laura Lawhon, RKT Houston: Hope to see you here again, Chun, to update us please!

Melissa Sands: Chun, thank you for sharing this personal experience. Hoping you are better soon.

Audrey Little: Thank you.

Lorn Gingrich: Thank you for sharing your experiences...

KaMichel: Thank you so much for sharing

Kim Kittner: I am so glad you are better, Thank you so much for sharing your story to help us help our Veterans. Be Well!!

Matthew Augustine: thank you, Chun!

Terry B: praying for your recovery. Thank you so much for sharing with us so we can continue to take care of Covid patients!

Patricia Watts: Thank you so much for sharing!

Dr. Goller, Charleston SC: That was an excellent COVID in 20 - really enjoyed hearing it. VERY helpful!!

Thanks Chad

a horvath: Thank you for sharing!!! Glad you are recovering!

Jim: Thank you Chun

guest 7: Thank you for sharing. It helps to understand what this illness is and to really protect ourselves.

Jeson Hall, VA San Diego HCS (VASDHS): As an employee how burdensome was the process for being cleared to return to work?

Brian Klonowski MSN, rn: Thanks for sharing your story. Take care and hopefully there's more improvement up ahead for you!!!

Walker: Thank you for sharing, wishing you a swift continued recovery!

guest: This is something that our country should hear. Thank you for sharing.

Carmichael Khan: Thank u sir for your moving story...

Jerry D Bailey: Thank you and God Bless you

Lisa 2: thank you very much for sharing your story

Michelle Spivak: Praying for your continued good health. Take care.

David Schmidt, VHA informatics: Chun - Thank you for your service and commitment to veterans.

Jeson Hall, VA San Diego HCS (VASDHS): Thank you for sharing

Diana Gage: Thank you for sharing Chun! So glad that you joined a support group and is getting the necessary rehab.

Stella: Thank you for your vulnerability

A nderson,Rosalind: i was able to read in closed caption. thank you for sharing your experience. very much appreciated

peggy king: thank you and hope you continue to recover. You are appreciated

CLARIBELL OKOLI: Thanks for sharing your story. They do highlight people they call "long haulers" people who survived COVID-19 but have these weird symptoms. None of them struck home like your story did, maybe because you're a health care professional. I wish you complete recovery

Mary (Liz) Connor: Thank you.

David Johnson (Omaha 636): The "planning" statement reminds me of how we used to teach CHF patients.

jeannine.decur: Thanks so much for sharing your story.

Tess: Much Respect!!

Dr. Goller, Charleston SC: Bravo!

Susy: God bless you Sir

TC Hulburd: Chun, thank you for sharing your experience with us!

Dawn:Thank you!

Daisy Codeniera PT, Bronx VA, NY: Thank you for sharing Chun! I pray for your continuous recovery. God bless you!

Myron Kung - Las Vegas: We rarely think we are in danger when we are at work, but we are indeed putting our lives on the line. Stay safe, everyone.

Noreen.Chan@va.gov: Thank you for sharing your experience Chun! Glad you recovered.

tracy lemle: Thank you very much

Danae Davis: Thank you, that was a very amazing story

Diana Gage: Thank you!

Katherine Weaver: Thank you for sharing your experience!

Jenice Guzman: thank you & hope you continue to improve physically

SJYoung: God Speed!

mary.pittman2@va.gov: Thanks so much for sharing your story. May you continue to heal!

Susy: Keep the Gulf coast in your prayers

Ian: Thanks for sharing Chun

Edna Naito-Chan: Thank you for sharing your story. Best wishes on your continuing recovery.

Daniel Cota: Thank Chun!

guest 11: Thank you

Rosa Medina: from one Bronx ite to another warm wishes

Chaplain Bunsold: Thank You for sharing your story

Teri T. Allstaedt, RN: Amazing story. Thank you for sharing.

Mary Jordan, Truman VA: Thank you for sharing. I hope you feel better soon.

shelly.gist@va.gov: get well soon

Latrice Powell: Thank you

Dr. Edwina Whitney-Jones: Thank you for sharing.

Sheila Dancer: Thank you:)

Papreddy Kashireddy: Thank you

Nadia Vatamanu: Thank you!

Randi Craig: Thank you for sharing! best wishes!

Laurie Hill: thank you for sharing your experience!

Rhonda: thanks!

Wendy James: wonderful
Mary 2: Best wishes
Katherine L Miller: Thank you!
Natalie: Thank you Chun!
John Ammon: Thank you so much for the no holds barred sharing of your experience!!
stella okeke 3: thank you so much for sharing Dr Wang. May you continue to heal IJN
Christina Gallardo: thank you.
Shawnda Leavell: Thank you! Best wishes!
Monalisa Rodriguez: Thank you Chun! Blessings...
Francesca Gambula: Thank you
I. Manosha Wickremasinhe (SCI/D): Thank you for sharing your powerful story!
Teri T. Allstaedt, RN: Hopefully you'll look back and this will just be one of those things that you survived and grew from.
Hal Messec: This was quite concise and missing a lot of the adjectives and adverbs that we hear so often
Karen Bliss: would love to hear more VA employee stories. thanks for sharing
LL Arcaro: Thank you for the informative presentation!
Lisa A: Thank you and God Bless
Molly Berger: Thank you so much!
Beve Chang: Mahalo for allowing us to hear his story. Prayers for continued recovery.
Debra Sapphire: Wish you could have time to answer the questions asked
Keisha Bellamy: Thanks for sharing such a personal and powerful perspective.
Jeson Hall, VA San Diego HCS (VASDHS): Is there room to hear this perspective also from a family member of a patient acting in the capacity of a caregiver of a COVID patient?
Carmichael Khan: Need the spotlight sheet...
Michelle 2: Thank you for sharing your experience.
Diane Waller: Thank you for sharing your story Chun - making us proud in PM&RS!
Lori Montague: Thank you for sharing, thank you for your service!
mangadhara.madineedi@va.gov: All the best Mr. Chun Wang!
Emily 2: Thank you for sharing your experience - I am sending you warm wishes from Atlanta for a continued recovery
jutta: Thank you for your testimony! continue to heal well.
geoff: God bless you Mr. Wang and i hope you recover fully and feel better soon
Emmawati Johnson: Thank you for sharing!
Sunshine Carter: Thank you for sharing
Gail Moss: Unforgettable story. Best luck in your recovery!
evelyn chang: Thank you for sharing your story!
Tammy Kinney, RN: Thank you for sharing your experience with us. Prayers for your continued health and recovery.
prince: Very powerful episode!
Debra Sapphire: May God see you through a complete recovery, Thank You
Molly Berger: All the best, Chun! Thank you for sharing your story.
karen didomenico: Grateful for you Chun thank you for sharing
Theresa Bouthot 2: What an episode- wishing you healing Mr. Wang
Chai Chad: thank you so much for sharing your story and journey with us Chun!
Jacqueline Chandle: thanks for sharing. I will be praying for your continued strength
Rowena Aseo: Prayers for your continued recovery, Mr. Wang.
Jeson Hall, VA San Diego HCS (VASDHS): THANK YOU CHUN!!!!!!
Lihong Qin: Thank you for sharing, Chun! All the best

Susy: Great music

W Johns: God speed recovery

Heather D'Adamo: Thanks for sharing. Very brave and graceful. Thanks for your compassion as well.

Rachel Sherman: We are all thinking of you in primary care. He is an amazing inspiring physical therapist who is so dedicated to his patients and this hospital

angela.odell2@va.gov: Thank you so much!

Hal Messec: pulmonary fibrosis is scary and last time I checked; we don't have any effective treatment. As a former diver I know the fear of not being able to SCUBA anymore

Kudos

Chai Chad: lovin this music!!!

Julie Fairchild: Love the music!!

Pat Dumas: Beautiful!

Chai Chad: lovin this music!!!

Julie Fairchild: Love the music!!

Pat Dumas: Beautiful!

TRACEYE: Love the music

cynthia thompson: This is beautiful

Hal Messec: wow, what a voice

Mary Ann Tecson: very beautiful :-)

Brian Fantana: what am i watching

Monique Cone: oh wow!

I. Manosha Wickremasinha (SCI/D): A personal favorite!

Lynnsey Stewart: One of my all-time favorite songs!!!!

Nadia Vatamanu: Wow how cool!

John Areno: VISN 16 = AWESOME

Connie Parenti: Love this song! Always makes me happy!!

Christina Andrews: Sweet!!

Diana Gage: Wait, these are VA employees?!

Sue Ward: Link to video please

Lynnsey Stewart: Beautiful. Sigh.

Necilia Jones: Love rainbows!!!!

Hal Messec: real nice!

Jerry D Bailey: Love this!

Dawn: goose bumps!

SJYoung: wow

Lisa Paoni: Wow, so Beautiful and talented!!!

mary.pittman2@va.gov: Like!!!

joan oco-santos: amazing!

Lynnsey Stewart: More please!!!!!!

Daisy Codeniera PT, Bronx VA, NY: This is just BEAUTIFUL!!!

Joan Vanicek: Love that movie

Bob H: great

Debra Sapphire: Wonderful!

Shawnda Leavell: Beautiful!

Mary Ann Tecson: clapping hands :-)

MollieW: Awesome!

John Ammon: LOL

Monalisa Rodriguez: :) nice!

Francesca Gambula: Wow....beautiful!

Jackie Valdez: love it!

Jacqueline Chandle: Wow, thanks!!!

Marj: Lovely!

Hal Messec: good tunes!!!

Josh Geiger: Don't forget - we are looking for that musical VA talent. We want to share on COVID in 20. Please send our way! VHA COVID in 20 <VHACOVIdin20@va.gov>

COVID 19 DISCHARGE

Everyday

- Follow all of your health care team's instructions.
- Get rest
- Stay hydrated
- Take over the counter pain medicine
- Self-isolate
- Take your temperature every morning and evening for 14 days.
- Wash your hands often for 20 seconds using soap and water
- Do not share food or personal items with people in your household
- Cough or sneeze into a tissue, throw it away then wash your hands (may use hand sanitizer with 60% alcohol)
- Wear a cloth face covering when around other people
- Do not touch your eyes, nose or mouth unless you wash your hands (may use hand sanitizer with 60% alcohol)
- Do not shake hands with anyone
- Clean items that multiple people touch (such as doorknobs) with a disinfectant (such as Clorox wipes).

Green Zone (This is Your Goal)

- Temperature less than 100.4
- Reduced or no Coughing

- No Trouble breathing or feeling short of breath
- No Runny nose
- No Headache and/or body aches
- No Chills or repeated shaking with chills
- No increased Fatigue
- Improving appetite
- No Nausea, vomiting, diarrhea, or abdominal pain
- Sense of smell or taste returning

Yellow Zone (Call Your Provider Today)

- Temperature greater than 100.4
- Increased Coughing
- Trouble breathing or feeling short of breath
- Runny nose
- Headache and/or body aches
- Chills or repeated shaking with chills
- Increased Fatigue
- Decreased appetite
- Nausea, vomiting, diarrhea, or abdominal pain
- No Sense of smell or taste

Red Zone (Emergency Area) Call 911

- Struggling to breathe, new shortness of breath while sitting still
- Passing out or feeling you may pass out
- New chest pain or pressure
- Confusion or can't think clearly
- Pain or pressure in the chest that gets worse
- Blue tint to lips or face
- Fast or irregular heartbeat
- Confusion or difficulty waking
- Fainting or loss of consciousness
- Coughing up blood